

# ACTIVE AGING WORKSHOPS

## Feedback to Participants

We want to thank you once again for your generous contribution to our series of workshops on active aging in Metchosin. We are now in the process of reviewing, synthesizing and researching the issues you have identified.

You may be interested to know that total attendance at the four workshops was 171. There were 79 different participants, 47 women and 32 men. In total, more than 285 issues were recorded and 74 priority issues identified.

Following is a list of those priority issues. The numbers in brackets after some of the issues indicates the relative priority indicated by you the participants.

### **A. Priority Issues from Workshop # 1 – Health Services, Community and Home Personal Services**

Most of the health issues overlap with transportation and information issues. Participants felt that convenient, affordable transportation to medical appointments, clinics and pharmacies and access to information about health services were the greatest health care concerns for Metchosin seniors.

#### ***Health Issues***

- 1 Transportation to get to health services, pharmacies, etc. (9)
- 2 Insufficient distribution of information about available services (5)
- 3 Lack of seniors housing options (including long term care) (4)
- 4 Need for a local clinic when resident physician retires (2)
- 5 Need for a public health nurse (1)
- 6 Need for a seniors' advocate
- 7 Need for timeliness and consistency in response by health care professionals
- 8 Need to monitor isolated seniors
- 9 Need for mobile dental clinic
- 10 Need better access to groceries and meals

- 11 Need for assistance in finding health care professionals and services
- 12 Identification of seniors with medical issues for emergency services
- 13 Education on health issues
- 14 Need for cemetery in Metchosin

### ***Community and Personal Care Service Issues***

- 1 Need for centralized resource/coordination of information (6)
- 2 Communication to individuals who need services (4)
- 3 Need for advocate to help get services (2)
- 4 Need to improve POD system (2)
- 5 Need for clearing house for service providers/suppliers (2)
- 6 Need to consider age-friendly house design (2)
- 7 Need to consider additional costs for paid services for Metchosin residents due to time and distance
- 8 Need for health information sessions
- 9 Need for VIHA to bring back community based service
- 10 Need for assistance in personal hygiene
- 11 Need for health professionals to know where to get health equipment
- 12 Need for more political awareness of seniors community and personal care issues

### **B. Priority Issues from Workshop # 2 – Housing and Home Services**

Participants felt that there are almost no housing options for seniors who wish to downsize, or who require live-in help, assisted living or long-term care.

1. There is a need for a greater variety of housing options (4)
2. The loss of a spouse who did maintenance and the subsequent increase in costs associated with maintaining homes and properties can be barriers (4)
3. There is limited capacity to provide housing for caregivers or helpers (3)

4. The POD system is not serving the community as effectively as it could due to inconsistency zone by zone (3)
5. There is insufficient of forward planning by individuals and the community as the population ages (3)
6. There is a need for organized and readily available information on reliable handymen, renovation and retro-fitting expertise (3)
7. There is a need for assistance with food/meals (2)
8. There is a need for better transit and information about transit to get seniors to activities, services and shopping (2)
9. The loss of driver's license and or mobility is a barrier especially on large properties (2)
10. Adapting homes and dealing with large, hilly properties with long driveways is a challenge (1)
11. Not knowing neighbours; not communicating with and helping each other is a barrier (1)
12. There is a need for community care facilities (1)
13. There is a need for financial information for seniors
14. The potential for isolation and loneliness is a barrier to aging in place and a threat to wellbeing
15. There is a need for more seminars on topics of interest to seniors
16. There is a need for better distribution of information on seniors' programs and resources
17. There is a need for more options for shared accommodation

### **C. Priority Issues from Workshop # 3 – Respect, Social and Civic Participation, Communication & Information**

Not having sufficient information or knowing how to access information about programs, services, reliable and trustworthy contractors or suitable activities is a major barrier for Metchosin seniors. Many use email and have access to the Internet, but the information they need is difficult for them to find.

1. There is a need to market programs and opportunities to Metchosin seniors' population based on a more detailed knowledge of who they are, what they need and want; their range of abilities and expertise. The marketing must be multi-media, bright, interesting and targeted. (5)
2. Many seniors do not take advantage of opportunities; how can we create an interest on their part? (2)
3. There is a need to share knowledge of seniors with others (2)
4. There is a need to match the interests of seniors with opportunities – personal approach (1)
5. There is a need for a central location to obtain information on resources (1)
6. There is a need to have multi-generational activities (1)

7. There is a need to make better use of PODS to keep in touch with people
8. There is a need to explore ways to encourage seniors to be more involved in civic affairs
9. There is a need to explore what is the role of youth in the community
10. There is a need to make better use of the MUSE to advertise activities for seniors
11. There is a need for more one-on-one contact with seniors
12. There is a need to explore what is the role of seniors in Metchosin
13. There is a need for a special section on seniors in the MUSE
14. There is a need for better information about and transportation to activities
15. There is a need for seniors to better communicate their needs and interests
16. There is a need to find ways for seniors to share knowledge and experiences

#### **D. Priority Issues from Workshop # 4 – Transportation, Buildings & Outdoor Spaces**

One of the most significant barriers to aging in place in Metchosin is the potential loss of one's driver's license and consequent loss of independence. Public transportation within Metchosin and between Metchosin and other communities is limited, inconvenient and perceived to be unsafe or prohibitively expensive. Older people, who no longer drive are reliant on family and friends, but are reluctant to call on others for assistance.

1. There is a need for central information on transportation needs and options (perhaps a Metchosin radio station) (8)
2. There is a need for better access to outdoor, parks and the Galloping Goose (3)
3. There is a need for a community vehicle regularly scheduled and organized through the Community House (2)
4. The fact that most seniors do not plan for their old age and the inevitable time when they will not have a license is a barrier (2)
5. There is a lack of reliable transportation within Metchosin for social engagement as well as appointments (2)
6. There is a need for more washrooms in parks and trails (1)
7. There is a need to encourage older people to use alternative means of transportation and to make access to bus information and other alternatives easier (1)
8. The cost of using alternative transportation means is a barrier for some (1)
9. Bus routes and schedules are limited in Metchosin (1)

10. Safety, especially at the corner of Happy Valley and William Head Rds. is a barrier
11. Concern for safety on public transit is a barrier
12. There is a need for a hub in the village core where older people can congregate safely for entertainment and social engagement
13. The layout of many Metchosin homes and properties can be a barrier
14. There is a need for beach access for older people
15. There is a need to ensure safety and personal comfort in getting around